



DEPARTMENT OF THE ARMY

208th Finance Battalion

Unit 30041

APO AE 09166



AEUFC-FBS-AG

1 October 2000

MEMORANDUM FOR See Distribution

SUBJECT: Policy Letter 11 - Physical Training

1. **PURPOSE.** To provide training guidance for all soldiers assigned or attached regarding the Physical Training Program.
2. **APPLICABILITY.** This policy applies to all 208th Finance Battalion soldiers.
3. **BACKGROUND.** The Physical Training Program is designed to develop and improve each soldier's level of fitness and well being, boost morale, enhance unit cohesion, and reduce boredom.
4. **POLICY.**
 - a. Physical training will be conducted at 0630 hours Monday, Wednesday, and Friday. Detachment Sergeants and/or Master Fitness Trainer (MFT) are responsible for the development and execution of a rigorous and diversified detachment/battalion physical training program IAW FM 21-20. The program will be designed to raise the level of battlefield readiness of soldiers. The MFT for each detachment will publish monthly PT training schedules and forward a copy to the battalion training NCO and 1SG.
 - b. The uniform is the standard ARMY PT "gray uniform" with T-shirt tucked in creating a neat appearance. The PT sweat suit, wool cap and gloves will be worn as required. This constitutes a uniform as authorized in AR 670-1; leaders will ensure that hairstyles and shaving standards are complied with. The Detachment Commanders will announce the change in uniform as the seasons change.
 - c. All new soldiers will take a diagnostic APFT within 30 days of arrival to the unit; Detachment Sergeants/MFT's will administer the test. The Record APFT will be administered twice during the year. No more than six months will elapse between record APFT's.
 - d. Soldiers with a medical profile will maintain a copy of the profile at all times while on duty. The MFT will determine the PT limitation of the profile and develop an individual PT program for each profiled soldier.
 - e. Soldiers who fail a record APFT or fail to meet the Army screening Table will be counseled and flagged at the time of failure. They will automatically be enrolled in the Special Population PT Program.
 - f. **Physical Fitness Incentive Award Program:**
 - (1) Physical Fitness Awards will be given to soldiers who demonstrate superior performance on the APFT. Every effort should be made to maintain and sustain the highest level of fitness.

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(2) The following is a list of Incentive Awards for all record APFT:

- Score of 270-300+ receives an Army Physical Fitness Patch; DA Certificate of Achievement and a three-day pass. (Note: Soldier must reach a minimum of 90 points in each category)
- Improved PT scores: Soldier who improve their APFT score by at least 30 points over the previous score will receive a DA Certificate of Achievement and a three day pass.
- AAM 3 Consecutive 300's
- AAM Iron man highest extended score in the Battalion.

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STEPHEN J. RIVIERE
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Commanding

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